

SPRING FOOD FUN

Food for Fitness and Fun, April 2001

SPRING SALAD SAMPLER

Spring is a great time to try all sorts of fresh, nutritious greens. The following salad guide matches greens and dressings for great flavor combinations. The 'add-ins' can transform the salad into a main dish. Choose commercially prepared dressings or try one of these.



GARLICKY BLUE CHEESE MAKES $\frac{3}{4}$ CUP

$\frac{1}{2}$ cup nonfat plain yogurt
2 Tbsp. Nonfat mayonnaise
2 Tbsp. Skim milk
4 tsp. Blue cheese
2 cloves garlic, minced
Ground black pepper to taste

Whisk all ingredients until well combined.
Each 2 Tbsp. serving: 21 calories; less than 1 gm fat

APRICOT GINGER VINAIGRETTE MAKES $\frac{3}{4}$ CUP

$\frac{1}{2}$ cup apricot preserves (or orange marmalade or plum preserves instead of the apricot)
 $\frac{1}{4}$ cup rice wine vinegar
2 Tbsp. Extra virgin olive oil
2 Tbsp. Green onions, sliced (white part of 8 onions)
2 tsp. Fresh grated ginger
 $\frac{1}{2}$ tsp. Salt
Ground black pepper to taste

Whisk all ingredient until well combined.
Each 2 Tbsp serving: 107 calories; 4 grams fat

COOL AND CREAMY LIME CHILE MAKES $\frac{3}{4}$ CUP

$\frac{1}{2}$ cup nonfat plain yogurt
1 Tbsp. lime juice (juice of $\frac{1}{2}$ lime or use bottled)
1 Tbsp. extra virgin olive oil
4 tsp. Honey
1 Tbsp. canned chopped green chili peppers
1 Tbsp. chopped fresh cilantro
 $\frac{1}{4}$ tsp. Salt
Ground black pepper to taste

Whisk all ingredients until well combined.
Each 2 Tbsp. serving: 44 calories and 2 grams fat.

SPRING SALAD GUIDE

Follow these suggestions, or mix and match to create your own favorites.

<i>Greens</i>	<i>Add-Ins</i>	<i>Dressings</i>
Bagged baby spinach	Halved red grapes, golden raisins, chopped walnuts, sliced celery	Raspberry vinaigrette
Bagged "spring mix" or mesclun	Cucumber slices, edamame (green soy beans) cashews	Apricot vinaigrette*
Romaine lettuce or bagged "Caesar mix"	Cooked chicken chunks, tomato wedges, lowfat croutons, shredded parmesan cheese	Caesar (reduced fat)
Bibb or Boston lettuce with watercress tossed in	Shredded carrots, cherry tomatoes, purple onion rings, crumbles hard cooked egg	Garlicky Blue Cheese*
Green leaf lettuce with arugula	Red pepper strips, cooked shrimp, chopped pear, finely sliced jicama	Cool and Creamy Lime Chili*
Bagged "California mix"	Cooked turkey cubes, sliced green grapes, canned mandarin orange segments, radish slices	Honey Mustard
Red and green leaf lettuce	Grapefruit segments, sliced heart of palm, avocado, rinsed canned black beans	Olive oil and vinegar
Bagged "Italian mix"	Rinsed canned white beans, pine nuts ,chopped green pepper, sliced beets,	Italian (reduced fat)

Source for Salad Information: American Institute for Cancer Research NEWSLETTER, Spring 2001, Issue 71

Shake Up Your Snacks – PICK A BETTER SNACK

APRIL featured produce items for the Pick A Better Snack Campaign include:

- Artichoke
- Avocado
- Pineapple
- Turnip



Receive information about the produce by contacting an Iowa State University Extension Office or from the web:
www.extension.iastate.edu/food/

IOWA STATE UNIVERSITY
University Extension

Helping you become your best.

AVOCADOS – TOO MUCH FAT?



According to information provided by the University of California at Berkeley, you don't need to avoid avocados because of the fat content. Half of a mature medium size California avocado (3 ounces of edible fruit) contain about 150 calories and 15 grams of fat, supplying 88% of the calories. But two-thirds of the fat is monounsaturated, so it doesn't boost blood cholesterol. Avocados contain 60% more potassium per ounce than bananas. And they are a fair source of beta carotene, vitamin C and folacin. In spite of these positive features, you should avoid eating an avocado every day unless you don't have to worry about calories.

DATES ON DAIRY PRODUCTS

According to the Midwest Dairy Council, the "sell by date" is the same as the "use by date" on dairy products. In the past, there had been 5 days extended use added to the time guideline. This is no longer true for dairy products.

ORGANIC FOOD LABEL

On December 21, 2000 USDA announced final adoption of the labeling and processing standards for organic foods. Previously, organic products were certified via a state-by-state system that varied greatly from one state to another. One state didn't even have any standards.

Under the new rules, all organic foods must come from farms or ranches certified by a state or private agency that has been accredited by USDA. By the summer of 2001 you may begin seeing an "organic" seal. The four categories of organic labeling are:

- "100 Percent Organic" must contain only organic ingredients.
- "Organic" must be at least 95 percent organic by weight
- "Made with Organic Ingredients" must contain at least 70 percent organic ingredients
- Processed products with less than 70 percent organic ingredients may list these ingredients but may not use the term "organic" on the front of the package.



Cooperative Extension Service, Iowa State University of Science and Technology, and the United States Department of Agriculture cooperating.

and justice for all

The U.S. Department of Agriculture (USDA) prohibits discrimination in all its programs and activities on the basis of race, color, national origin, gender, religion, age, disability, political beliefs, sexual orientation, and marital or family status. (Not all prohibited bases apply to all programs.) Many materials can be made available in alternative formats for ADA clients. To file a complaint of discrimination, write USDA, Office of Civil Rights, Room 326-W, Whitten Building, 14th and Independence Avenue, SW, Washington, DC 20250-9410 or call 202-720-5964.

TORTILLAS UMBRELLA SALADS

A fun way to serve nutritious salad in April (or any time).

Flour tortillas (about 8" diameter)

Green or red pepper strips

Cherry tomatoes

Assorted salad greens and dressing



Warm the flour tortillas either in a 400°F oven for one minute OR in the microwave on full power for 10-15 seconds each. (The goal is to make the tortilla flexible.) Lightly spray one side of the tortilla with non-stick vegetable spray. Drape the tortilla, sprayed side down, over a large inverted custard cup. Pinch the sides together to form a bowl shape. (I found I had to pinch hard for it to keep its shape.) Place the custard cup with the draped tortilla on a shallow baking pan and bake for 5-7 minutes at 400°F until crisp. Remove tortilla from cup and allow to cool. This will be the upside down umbrella. For the handle, cut off a curved end from a pepper strip. To hold up the handle, cut the top and bottom off of a cherry tomato to make it flat. Insert the straight end into the tomato and put it into the center of the umbrella. Fill with salad to help anchor it in place or use a small dab of reduced fat cream cheese. Enjoy!

Adapted from Quick Cooking, March/April 2000, Reiman Publishing.

SPRINGTIME BASKETS

Use these as Easter baskets, May Baskets or just for fun!



Warm a flour tortilla in the microwave for 10 seconds. Lightly spray both sides with non-stick vegetable spray. Put the tortilla inside a large custard cup shaping it like a bowl or basket. For more flavor, sprinkle lightly with cinnamon and sugar. Bake for 5-7 minutes at 400°F or till crisp. Remove from cup and allow to cool. Use the rind from an orange slice to make a handle. Fill the basket with bite size pieces of fruit.

Prepared by Jan Temple, CFCS
Iowa State University Extension
Nutrition Field Specialist, Housed in Johnson Co.
Phone 319-337-2145; Fax 319-337-7864
E-mail: mjtemple@iastate.edu
<http://www.extension.iastate.edu/food>